

CANADIAN ROCKIES & GLACIER NATIONAL PARK – 2017 TRIP PRESENTATION

A Travel Specialist from Conway Tours will be at the senior center on Thursday, January 5th at 2:00 p.m. to tell us about our upcoming “Big Trip” in 2017 to the Canadian Rockies and Glacier National Park. This 7 day / 6 night trip is planned for September 3rd through the 9th. We’ll start our trip by flying into Calgary and continue our adventure by exploring the Waterton Lakes, Glacier National Park and Banff National Park. Canada’s magnificent mountains, crystal-clear waters and incredible geologic formations are just some of the discoveries that await us. At this trip presentation meeting you will have the opportunity to review the itinerary for the trip and ask any questions you may have. If you’re interested in joining us on this trip, the sign up will begin at 8:00 a.m. on Wednesday, January 11.

Monday, December 26

Office Closed

In Observance of Christmas

Tuesday, December 27

Coffee Connection 8:30 a.m. to 3:30 p.m.

NO Stretch & Balance today

Coffee with Chris 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “Far from the Madding Crowd” 12:30 p.m.

Stop & Shop (in lieu of 12/26)

Talespinners 2:00 p.m.

Wednesday, December 28

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

NO Chorus today

NO Computer Class today

Coffee with the Town Manager 12:30 p.m.

Target 1:00 p.m.

Colorist Club 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, December 29

Coffee Connection 8:30 a.m. to 3:30 p.m.

Diabetes Prevention Program – Informational Session 11:00 a.m.

Friday, December 30

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

NO Aerobic Exercises today

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

MINDS IN MOTION – EXERCISES FOR YOUR BRAIN

Start off the new year by getting your brain in shape for 2017. Do you feel like challenging your mind and stretching your imagination? Join us at the senior center where Jerry Cianciolio will be back to present all new topics in his “Minds in Motion” program. In a large bowl, blend in the stimulation of a college workshop with the fun of a backyard barbeque, sprinkle in a heaping cup of personal opinion and that’s the recipe for Minds in Motion. This program is a series of eight all new, hour-long “courses.” Each week we’ll focus on a different and challenging topic. Topics range from morality to art, music, writing, architecture, inventions, humor and

others that will put your mind in motion. “Minds in Motion” is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. These 8 classes will be held at 1:00 p.m. on the following Monday afternoons: January 9, 23, 30, February 6, 13, 27 and March 6 & 13. Seating is limited, so we ask participants to commit to attending at least 6 of the sessions. Please call the senior center at 508-543-1234 by January 6th to register in advance.

DIABETES PREVENTION PROGRAM CLASSES

The Hockomock Area YMCA and Foxborough Council on Aging and Human Services will be partnering to facilitate a Diabetes Prevention Program. Caitlin Gibbs, YMCA Director of Health Innovation, will be holding an informational session at the senior center on Thursday, December 29th from 11 a.m. to 12:00. She will talk about this life changing series of classes being offered to help prevent the onset of type 2 diabetes. People with prediabetes are at high risk of developing type 2 diabetes, heart disease and stroke. This program will help all participants learn their risk and take action to delay or prevent this devastating disease. Understanding your risk is the first step in preventing diabetes. If you’re interested in learning more about this exciting new program that we will be rolling out in February, you are encouraged to join us at the informational session on Thursday, December 29th at 11:00 a.m. Lunch will be provided to all who attend. Space is limited. You **must** sign up for this informational session by calling the senior center at 508-543-1234 no later than Thursday, December 22nd.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, December 27th. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what’s up for 2017.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Wednesday, December 28th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1234 to let us know if you’ll be coming.

MOVIE DAY

Movie Day for the month of December is scheduled for Tuesday, December 27th at 12:30 p.m. and our featured film will be “Far From the Madding Crowd.” Based on the literary classic by Thomas Hardy, this movie is the story of independent, beautiful and headstrong Bathsheba Everdene (Carey Mulligan), who attracts 3 very different suitors: sheep farmer Gabriel Oak; a handsome and reckless Sergeant, Frank Troy; and a prosperous, mature bachelor named William Boldwood. This is a story of Bathsheba’s choices, the nature of relationships and the ability to overcome hardships through resilience and perseverance. Join us at the senior center to watch this film and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you’d like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, December 28th we’ll be enjoying our menu of Roast Pork with Gravy, Whipped Potatoes, Winter Squash, Roll and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Tuesday, December 27th to make your reservation and to arrange for transportation, if needed.

JACK CRAIG – SING! THE GREATEST SONGS

Jack Craig will be back at the senior center for 2 of his “Greatest Songs” programs in January. The Greatest Songs programs contain most of the favorite songs of the 20th century. Each of these programs contains about thirty songs to sing, and Jack will provide anecdotal information that recalls the listed years of American song-writing. On Wednesday, January 11th at 4:00 p.m. Jack’s program will include the greatest songs of 1955 & 1956. The second program will be held at 4:00 p.m. on Wednesday, January 18th and will include the greatest songs of 1957 – 1959. Call the senior center at 508-543-1234 to sign up and we’ll save you a seat.

DECORATIVE GLASS PAINTING WITH DIANE

Come and unlock your hidden talent in a decorative glass painting class using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for one or both of these classes at the senior center with instructor Diane Cahill on Thursdays, January 5th and 12th at 12:30 p.m. No painting experience is required. Paints and brushes will be provided and you just bring the glass items that you’d like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for permanent finish. Call the senior center at 508-543-1234 if you’d like to sign up.

ART CLASSES WITH BARBARA GAGE-MULFORD

Join Barbara at the senior center for a fun, stress-free series of art workshops that will be held at 9:30 a.m. on the following Thursday mornings: January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9 & 16. Students in these workshops may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. These classes are being offered free of charge and all materials are provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). Class size is limited, so please call the senior center at 508-543-1234 to sign up in advance. This class is funded through gifts made to the Foxborough Council on Aging and Human Services.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough’s senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat. **The class will not be held on December 28.**

SENIOR CENTER INCLEMENT WEATHER POLICY

If the Foxborough schools are cancelled due to inclement weather, then the activities, Human Services appointments and transportation services at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when Senior Center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough’s children to attend school. So, please remain safe and warm at home.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 10th from 10:00 a.m. to 12:00 noon. **For the months of February, March and April the Blood Pressure Clinics will be held on the 2nd MONDAY of each month (Feb. 13, March 13 & April 10) from 10:00 a.m. to 12:00 noon, instead of the usual 2nd Tuesday.**

Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up and appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for January 3rd and 19th. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1234 to set up and appointment.

REGULARLY SCHEDULED

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, January 3rd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

SHOPPING

We will be going to Stop & Shop on Mondays at 1:00 and on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

December 28 – Target

January 4 – Job Lot/Dollar Store

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, December 26

Christmas Holiday

No Meals Served

Tuesday, December 27

Macaroni & Cheese 403

Scalloped Tomato 143

Blueberry Muffin 160

Mandarin Oranges 6

Sodium 712

Calories 532

Wednesday, December 28

Glazed Chicken Drumstick 290

Parsley Mashed Potato 63

Peas & Carrots 80

Whole Wheat Bread 160

Birthday Cake 209

Sodium 802

Calories 536

Thursday, December 29

Beef Lentil Stew 245

Couscous 39

Tahitian Blend Vegetables 38

Oatmeal Bread 190

Peaches 5

Sodium 517

Calories 352

Friday, December 30

Low Sodium Hot Dog 550

Mustard 55

Baked Beans 36

Cabbage & Carrots 47

Hot Dog roll 210

Chocolate Pudding 191

Calories 1089

Sodium 531